
Waukesha County
UW Extension

Farmers Market Fresh

Parmesan Green Beans

Ingredients:

Serves 4

- 1 tbsp olive oil
- 1 tsp garlic, minced (about 1 clove)
- 1 small onion, thinly sliced
- 3 cups green beans
- 1 cup (8 oz) low-sodium chicken broth
- ¼ cup grated fat-free parmesan cheese
- ¼ tsp black pepper



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.
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Directions:



1. Trim green beans and cut into one inch pieces.
2. Combine olive oil and garlic in a large saucepan.
3. Cook until garlic is soft, but not browned (about 30 seconds).
4. Add onion, and continue to cook for about 5 minutes over medium heat until soft.
5. Add green beans and chicken broth. Bring to a boil and simmer for 2 minutes, until beans are heated through.
6. Sprinkle with parmesan cheese and pepper, and serve.

This recipe was modified from Keep the Beat™, National Heart, Lung, and Blood Institute.

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